

# **NATIONAL MASTERS SWIMMING**

## **CHAMPIONSHIPS OF GREECE**

**APRIL 02-03, 2016**

We would like to inform you that the National Masters Swimming Championships will be co-organized by The Hellenic Swimming Federation, Central-Western Macedonia District Committee and EAT ALEXANDROS swimming club, in Possidonio Swimming Pool in Thessaloniki on 2-3 April 2016.

All swimmers who are members in a Club Member of the Hellenic Swimming Federation are eligible to participate, provided that they have sports identity card issued by the Federation, as well as duly signed (one year term) health certificate.

### **Swimmer Categories**

The categories-ages for individual events for men and women are:

A CATEGORY	25-29 YEARS	BORN	1991-1997
B CATEGORY	30-34 “	“	1986-1982
C CATEGORY	35-39 “	“	1981-1977
D CATEGORY	40-44 “	“	1976-1972
E CATEGORY	45-49 “	“	1971-1967
F CATEGORY	50-54 “	“	1966-1962
G CATEGORY	55-59 “	“	1961-1957
H CATEGORY	60-64 “	“	1956-1952
I CATEGORY	65-69 “	“	1951-1947
J CATEGORY	70-74 “	“	1946-1942
K CATEGORY	75-79 “	“	1941-1937
L CATEGORY	80-84 “	“	1936-1932
M CATEGORY	85-89 “	“	1931-1927
N CATEGORY	90-94.....	“	1926-1922

For team events:

The categories for the relays are calculated by the sum of the ages of the participating athletes.

A CATEGORY	100-119	YEARS
B CATEGORY	120-159	
C CATEGORY	160-199	
D CATEGORY	200-239	
E CATEGORY	240-279	
F CATEGORY	280-319	
G CATEGORY	320-359	
H CATEGORY	360-399	

### **CONDITIONS FOR PARTICIPATION**

The competition will be held in three sessions, final heats, in the provisions of Open category. The swimmers will be placed in heats according to their times regardless of age, the classification will be done by category.

Each club may participate with limitless number of swimmers and one team per relay event. The swimmers have no right to participate at more than 4 individual events and no more than 2 per session.

The composition of relay teams will be by swimmers of the same club.

The seeding in heats will be done according to the official times and if there are none, based on the age of the participants, starting with the younger age and, in the case of vacancy, the lanes will be filled with swimmers of the next age group.

The right to participate as members of the National team lies with the masters swimmers who are members of Greek Clubs and not independent.

Foreign swimmers have the right to participate to the above competition, for which the entry must be made by their club or their Federation.

Medals and diplomas will be awarded to the 3 first winners per category and event.

Entries can be submitted the latest by 28/3/2016 at 14.00 to the office of Central-Western Macedonia office, either by fax (+30 2310 245881) or by email ([pekkdm@otenet.gr](mailto:pekkdm@otenet.gr)).

## **PARTICIPATION FEE**

Participation fee is ten (10) euros per swimmer, which must be paid either to the office of Central-Western Macedonia or deposited to the account of Hellenic Swimming Federation: NATIONAL BANK OF GREECE, account no 08048090172, IBAN GR 6601100800000008048090172

The total cost per club will be calculated according to the entries sent to CWM Committee.

For foreign swimmers, the fee may be paid in cash to the secretariat of the competition prior to the commencement.

## **PROGRAM OF THE NATIONAL SWIMMING MASTERS CHAMPIONSHIPS**

### **A SESSION SATURDAY MORNING 09:00**

1. 50m butterfly men
2. 50m butterfly women
3. 200m freestyle men
4. 200m freestyle women
5. 400m ind. Medley men
6. 400m ind. Medley women
7. 200m backstroke men
8. 200m backstroke women
9. 100m breaststroke men
10. 100m breaststroke women
11. 800m freestyle men
12. 1500m freestyle women
13. 4x50m freestyle relay men
14. 4x50m freestyle relay women

### **B SESSION SATURDAY EVENING 17:00**

1. 50m freestyle women
2. 50m freestyle men
3. 50m breaststroke women
4. 50m breaststroke men
5. 200m butterfly women
6. 200m butterfly men
7. 400m freestyle women
8. 400m freestyle men
9. 100m backstroke women
10. 100m backstroke men
11. 200m ind. Medley women
12. 200m ind. Medley men
13. 4x50m freestyle Mixed (2men-2women)
14. 4x50m medley Mixed (2men-2women)

### **C SESSION SUNDAY MORNING 09:00**

1. 50m backstroke women
2. 50m backstroke men
3. 100m freestyle women
4. 100m freestyle men
5. 200m breaststroke women
6. 200m breaststroke men
7. 100m butterfly women
8. 100m butterfly men
9. 800m freestyle women
10. 1500m freestyle men
11. 4x50m medley women
12. 4x50m medley men